

Adelaide Hills Community Health Services presents:

Moving Towards Wellness

This course is for anyone living with a long term health condition, and the people who care for them.

Long term health conditions include:

- > Arthritis
- > Osteoporosis
- > Long term pain
- > Heart conditions
- > Diabetes
- > Cancer
- > Breathing disorders
- > Fibromyalgia

The next course will be held at:

Where: Adelaide Hills Community Health Services
Wellington road, Mount Barker

When: Every Thursday for six weeks from
1st October – 5th November, 2009

Time: 10.00am to 12.30pm

Cost: \$20.00

For more information

Adelaide Hills Community Health Services
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